

Certificates as registered nurse were granted to 105 applicants.

A plan for a standard curriculum for nurses' training schools was presented and a committee consisting of Dr. F. F. Gundrum, Dr. Edward F. Glaser, and Dr. Adelaide Brown was appointed to co-operate with the Bureau of Registration of Nurses in considering the manuscript and making any needed amendments.

A resolution was passed approving, in accordance with the recommendations of the Director of the Bureau of Registration of Nurses, the requirements of the Board for accredited training schools for nurses, after minor amendments made at the meeting.

The Board passed a resolution calling the attention of the State Board of Control to the need of careful physical examination of the orphan wards of the State and expressing the opinion of the Board that special provision should be made for children suffering from tuberculosis and other diseases.

Seventy-one cases of alleged violations of the Food and Drugs Act had been set for hearing on this date. Many of the alleged violators were present or were represented by attorneys. After the hearings the cases were judged on their merits and the most of them were referred to the local district attorneys for prosecution.

RAILROAD "DAYS."

In other lines of business or employment and under federal and state law there is but one standard of measurement, and that is "time," and an 8-hour day means 8 hours work, and a "day" means a day.

It is very different on a railroad. In train and engine service there are two standards of measurement—time and miles—and whichever will produce the more pay is the one used by employees to determine their wages. In freight service, on mountain districts on runs of over 100 miles, 10 hours or less, or 100 miles or less, constitutes a day. In freight service through practically level country 8 hours or less, or 100 miles or less, constitutes a day. A "day," therefore, may mean that an engineer worked 10 hours, or 8 hours, or 5 hours, or 3 hours, or no hours at all; or it may mean that he ran 100 miles, 50 miles, 25 miles or no miles at all—as an engineer on an assigned run who, because of slack business, bad weather or like conditions, fails to make full time, must be paid full time regardless of the fact that on some of these "days" he performed no work.

For example, if an engineer in valley freight service was 8 hours on the road but in that time ran only 50 miles he would be paid for a "day," as 8 hours or less constitutes a "day." If on the other hand he ran 100 miles in 3 hours he would be paid for a "day" although he only worked 3 hours, as 100 miles or less also constitutes a "day." If he ran 200 miles in 6 hours he would be paid for 2 "days" although he only worked 6 hours.

In main line passenger service a "day" means 5 hours or less, or 100 miles or less. If an engineer ran 300 miles in 9 hours he would be paid for 3 "days" although he only worked 9 hours, as 100 miles or less constitutes a day. If for any reason movement of his train was delayed and it took him 10 hours to run 100 miles he would be paid for 2 "days" as 5 hours or less, also constitutes a day, and whichever basis will yield the more pay, is the one used in determining the amount of pay.

IN ERRATA.

In the 27th edition of the Official Register and Directory of Physicians and Surgeons, in the body of the book, the name of Dr. Samuel W. Means of 600 Stockton Street, San Francisco, was omitted. Dr. Samuel W. Means is a duly qualified and licensed physician of the State of California, having graduated from the Medico-Chirurgical College of Pa., '02 (C) '03, and is a member of the San Francisco County Medical Society.

PASO ROBLES.

After extensive alterations and the installation of new equipment, the hotel at Paso Robles Hot Springs will be re-opened under new management on February 15th, thus making again available to the public one of California's famous spas. Paso Robles Hot Springs is midway between San Francisco and Los Angeles on the Southern Pacific Coast line and its waters are said to be possessed of healing and restorative powers equal to those of Carlsbad, Baden-Baden and other foreign spas to which Americans have journeyed unmindful of what their own country possessed.

The hotel was built because the springs were there. The reputation of the waters started with the Indians long before the patient padres of a Catholic conquest of the "unfaithful parts" of California. Padre Lasuen—when his mission at San Miguel, a short distance from the springs, was founded—wrote to the Court of Spain about the virtues of the waters and years ago they were known to European physicians.

The environment at the spa this year is one as well for rest and recreation as for the cure of disease or the quieting of shattered nerves. The big bathhouse is connected with the hotel by an arcade running from the solarium of the hotel. It is equipped with the latest appliances and discoveries of the application of water and mud. There is a plunge, medical offices and directory and on the exterior tennis courts, croquet-grounds, and a club house with tenpins, billiards and broad lanais for lounging. The waters are of various kinds—the moor muds or peats, through which flow a constant supply of sulphur waters; sulphurous and alkaline pools, soda, iron or chalybeate, sulphur-and-lithia, varying in temperature from 60° to 122° Fahrenheit.

PNEUMONIA.

Ten per cent. of the deaths in the United States result from pneumonia. It is estimated that during the past thirty days this rate has been doubled in some sections. Tuberculosis and heart disease, each causing one-ninth of all fatalities, are the only diseases which outrank pneumonia among the legion of the men of death, but in certain cities pneumonia is steadily increasing and even has surpassed the mortality from tuberculosis. Seventy per cent. of all cases occur between December and May. It is distinctly a cold weather infection, seemingly brought by wintry blasts, but especially prevalent during the winter season only because its

victims are rendered more susceptible at that time by exposure, debilitating influences and the presence of predisposing infections.

Pneumonia principally affects those at the extremes of life, but no age is exempt. It is invariably a germ disease. The predisposing and exciting organisms are so numerous that it would be futile to attempt their enumeration. Many of them are constantly present in the mouths and throats of healthy persons and it is only through the aid which we unwittingly extend to them that they are transformed from harmless organisms to one of man's most powerful enemies.

The presence of other diseases is the great predisposing cause of pneumonia. They prepare the soil for invasion. Holding first rank in this category is influenza, the increased incidence of pneumonia at this time being largely due to the present epidemic of la grippe. Individuals suffering from this infection are peculiarly susceptible to respiratory complications and should properly observe every hygienic rule. Inflammation of the upper air passages, pharyngitis, bronchitis, and tonsillitis, often predispose to the development of the disease, particularly among the aged and infirm. The acute contagious diseases of childhood, more especially measles and whooping cough, frequently prepare the way for pneumonia. Anyone who through neglect or carelessness permits the spread of these infections is therefore open to the severest condemnation. Exhausting disease of whatever nature, is often sufficient to so reduce our resistance that we are unable to cope with organisms which should be easily overcome, and hence predisposes to the infection.

Debility, either temporary or chronic, developing from any cause, increases susceptibility. Because of this the disease most often attacks those at the extremes of life. Among debilitating influences must be mentioned cold, exposure to penetrating winds, and the chilling of body surfaces as a result of wetting. The combination of lack of food and fatigue proves particularly disastrous during the winter season and is a condition to be avoided whenever possible. Bad housing, mental or physical harassment, and overwork are alike the advance agents of the infection. Overcrowding, in street cars, theatres, and other public places, is unquestionably in part responsible for the spread of pneumonia in cities, as far greater opportunity is thus offered for the dissemination of the predisposing diseases through indiscriminate coughing and other means of droplet infection, as well as the directly injurious effects which inevitably result from exposure to such environment. The overheating of rooms is also seemingly harmful. Promiscuous expectoration may be, and probably is, a factor in infection and consequently should be avoided by every citizen. A remaining most important agent should be mentioned—alcohol. It is in truth the handmaiden of pneumonia, and there is none more certain or more sure of success, especially if liberally and continuously used.

While the foregoing facts constitute in part our knowledge of the reasons for the widespread dissemination of an infection which carries with it a mortality of from ten to thirty per cent., it should be remembered that our scientific data are not yet complete. There are problems connected with immunity, predisposition, and the occurrence of epidemics which are yet to be solved. It is known that pneumonia frequently attacks those who are perfectly well, and who apparently have observed every hygienic rule. Whether this is due to the increased virulence of the organism or to other causes is unexplained. It is, however, recognized that avoidance of the factors so briefly enumerated will in large part diminish individual susceptibility and therefore the incidence of the disease.

NEW MEMBERS.

MacCloskey, Richard C.—Los Angeles.
 Misch, Herman B.—Los Angeles.
 Jones, Cora White Carpenter—Los Angeles.
 Oettinger, Bernard—Long Beach.
 Walker, Fred'k. E.—Long Beach.
 Close, Katherine M.—Los Angeles.
 Frees, Benj. M.—Los Angeles.
 Hembree, A. T.—Redondo Beach.
 Miller, Benj. F.—Whittier.
 Cook, Elmira F.—Los Angeles.
 Hersman, Fred'k.—Los Angeles.
 White, Harry O.—Los Angeles.
 Cartmell, Theodore M.—Los Angeles.
 Baker, C. D.—Los Angeles.
 Thayer, Lyman Elanson—Los Angeles.
 Berge, F. Emil—Los Angeles.
 Benepe, John L.—Los Angeles.
 Lipson, I. M.—Visalia.
 Smith, Ralph Thaddeus—Pomona.
 Bucknam, Ralph W.—Hollywood.
 Field, A. M.—Patterson, Cal.
 Martin, Dale L.—Orland.
 Walker, Wm. H.—Willows.
 Marshall, Malcolm Y.—Bakersfield.
 Barney, H. N.—Richmond.
 O'Malley, G. M.—Crockett.
 Camp, C. E.—San Pablo.
 Lucas, Wm. M.—Richmond, Cal.
 Farwell, Margaret W.—Los Angeles.
 Schutz, M. H.—Oakland.
 Crawford, Alexander K.—Oakland.
 Pruett, W. C.—Oakland.
 Mosby, George—Oakland.
 Nusbaumer, Pauline S.—Oakland.
 Orr, Jane—Oakland.
 Wilcox, Wilbur J.—Oakland.
 Chiapella, J. O.—Chico.
 Petersen, Dagmar—Selma.
 Wagner, J. D.—Selma.
 Emerson, Lura J. Brown—Los Angeles.
 Emmons, Calvert Luther—Ontario, Cal.
 Hibben, John Severy—Pasadena, Cal.
 McCoy, Thomas J.—Los Angeles.
 McCreery, Rolla L.—Los Angeles.
 Miyata, Yujiro—Los Angeles.
 Newton, LeRoy Allan—Los Angeles.
 Swearingen, Forrest C.—Los Angeles.
 Wilson, Paul White—Whittier, Cal.
 Klotz, Walter C.—Los Angeles.
 Fiegel, F. X.—San Bernardino.
 Means, Samuel W.—San Francisco.
 Geith, C. R.—Corona, Cal.
 Lynch, Frank W.—San Francisco.
 Shrodes, Geo. H.—Delano, Cal.
 Prose, T. W.—Woodland.
 Stark, Jno. Henderson—Oakland.
 Parker, H. R.—Dunsmuir, Cal.
 Atkinson, A. A.—Dorris, Cal.
 Deakin, S.—Sisson, Cal.
 Hall, Geo. Joyce—Yreka, Cal.
 Bathurst, E. W.—Etna Mills, Cal.
 Haines, W. H.—Etna Mills, Cal.
 Shaw, W. F.—Yreka, Cal.
 Hathaway, G.—Yreka, Cal.

DEATHS.

Harcourt, Luke A.—Niles, Cal. (Died in San Francisco.)
 Turnbull, Walter Lathrop—Died in Berkeley.
 Wilcox, Wilbur J.—Oakland.
 Campbell, Wm. Hayden—Died in Los Angeles.